



National Nutrient Database for Standard Reference

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Statistics Report 09503, Apples, raw, gala, with skin

Report Date: May 22, 2017 01:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	85.76	--	0.059	85.06	86.36	1.0	85.104	86.411	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	237	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein ^{1 2}	g	0.25	--	0.025	0.22	0.32	1.0	-0.07	0.561	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) ^{1 2}	g	0.12	--	0.029	0.07	0.17	2.0	-0.015	0.247	2	Analytical or derived from analytical	--	08/2012
Ash ^{1 2}	g	0.20	--	0.003	0.16	0.23	2.0	0.18	0.215	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	13.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary ^{1 2}	g	2.3	--	0.110	1.6	2.8	1.0	1.192	3.428	2	Analytical or derived from analytical	--	08/2012
Sugars, total ^{1 2}	g	10.37	--	0.050	9.39	11.26	1.0	9.759	10.978	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1 2	g	2.78	--	0.048	2.1	3.53	1.0	2.277	3.283	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) 1 2	g	1.66	--	0.024	1.45	1.86	2.0	1.549	1.765	2	Analytical or derived from analytical	--	08/2012
Fructose 1 2	g	5.93	--	0.079	5.39	6.37	1.0	5.242	6.621	2	Analytical or derived from analytical	--	08/2012
Lactose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Maltose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Galactose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Starch 2	g	0.05	--	--	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	08/2012
Minerals													
Calcium, Ca 1 2	mg	7	--	0.427	6	8	1.0	2.248	11.597	2	Analytical or derived from analytical	--	08/2012
Iron, Fe 2	mg	0.12	--	--	0.12	0.12	1.0	--	--	1	Analytical or derived from analytical	--	08/2012
Magnesium, Mg 1 2	mg	5	--	0.030	5	5	2.0	5.091	5.354	2	Analytical or derived from analytical	--	08/2012

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Phosphorus, P 1 2	mg	11	--	0.190	10	11	1.0	9.217	11.883	2	Analytical or derived from analytical		-- 08/2012
Potassium, K 1 2	mg	108	--	3.400	97	117	2.0	91.704	123.796	2	Analytical or derived from analytical		-- 08/2012
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed		-- 08/2012
Zinc, Zn 1 2	mg	0.05	--	0.011	0.04	0.08	1.0	-0.038	0.139	2	Analytical or derived from analytical		-- 08/2012
Copper, Cu 2	mg	0.021	--	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical		-- 08/2012
Manganese, Mn 1 2	mg	0.037	--	0.001	0.03	0.04	1.0	0.021	0.052	2	Analytical or derived from analytical		-- 08/2012
Selenium, Se 2	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 08/2012
Vitamins													
Thiamin 1 2	mg	0.017	--	0.002	0.01	0.02	1.0	-0.001	0.036	2	Analytical or derived from analytical		-- 08/2012
Riboflavin 1 2	mg	0.029	--	0.004	0.01	0.05	1.0	-0.005	0.064	2	Analytical or derived from analytical		-- 08/2012
Niacin 2	mg	0.075	--	--	0.07	0.08	1.0	--	--	1	Analytical or derived from analytical		-- 08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1 2	mg	0.055	--	0.001	0.03	0.08	1.0	0.038	0.073	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 1 2	mg	0.049	--	0.002	0.05	0.05	2.0	0.04	0.058	2	Analytical or derived from analytical	--	08/2012
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Choline, total	mg	3.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, RAE 1	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Carotene, beta 1	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Carotene, alpha 1	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta 1	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin A, IU 1	IU	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lycopene 1	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

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Lutein + zeaxanthin ¹	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin K (phylloquinone) ^{1,2}	µg	1.3	--	0.090	1.2	1.5	2.0	0.877	1.773	2	Analytical or derived from analytical	--	08/2012
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin ^{4 5 6 7 8}	mg	1.22	--	0.14	0	2.86	--	--	--	--	--	--	--
Petunidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin ^{4 5 6 7}	mg	1.4	--	0.15	0.13	5.1	--	--	--	--	--	--	--
(-)-Epigallocatechin ⁵	mg	0.7	--	0.18	0.33	0.96	--	--	--	--	--	--	--
(-)-Epicatechin ^{4 5 6 7}	mg	6.0	--	1.09	1.11	10.4	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ⁵	mg	0.1	--	0.11	0	0.33	--	--	--	--	--	--	--
(+)-Gallocatechin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ^{5 9}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ^{5 9}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ⁹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin ^{5 9}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ^{4 5 6 7 9}	mg	3.8	--	0.41	2.73	10.1	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ³	mg	9.6	--	0.3	9.26	9.86	--	--	--	--	--	--	--
Proanthocyanidin trimers ³	mg	6.2	--	0.23	6.05	6.49	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ³	mg	21.3	--	1.51	19.93	22.91	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ³	mg	18.7	--	1.36	17.74	20.28	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ³	mg	30.7	--	5.56	26.63	37.02	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

³Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617

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